



**Loudoun County**  
**Department of Fire, Rescue, and Emergency**  
**Management**  
**INFORMATIONAL BULLETIN**



**Subject:** Flu Shots

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**Approved:**

  
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The influenza season will soon be upon us. Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness and can be fatal. The best way to prevent the flu is by getting a flu vaccination each year.

Each year in the United States, on average:

- Five to 20 percent of the population gets the flu.
- More than 200,000 people are hospitalized from flu complications.
- About 36,000 people die from flu.

The flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults are able to infect others beginning one day before symptoms develop and up to five days after becoming sick.

Symptoms of the flu include: fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches and stomach symptoms, such as nausea, vomiting and diarrhea.

In general, anyone who wants to reduce their chances of getting the flu should get vaccinated. With the flu shot, when the “match” between vaccine and circulating strains is close, the vaccine prevents influenza in about 70 to 90 percent of healthy persons younger than 65. Influenza vaccine provides the best protection available from flu – even when the vaccine does not closely match circulating flu strains. Vaccination can lessen illness severity and is particularly important for people at high risk for serious flu-related complications and those who come into close contact with high risk populations.

The viruses in the flu shot are killed (inactivated), so you cannot get the flu from a flu shot. Some minor side effects that could occur are:

- Soreness, redness, or swelling where the shot was given
- Fever (low grade)
- Aches

If these problems occur, they begin soon after the shot and usually last one to two days. Almost all people who receive influenza vaccine have no serious problems from it.

The County is again offering free flu shots to career and volunteer personnel. The Health Department Mobile Unit will be parked outside of 16600 Courage Court on the following dates and times:

<b>September 8</b>	<b>1400-2200</b>
<b>September 11</b>	<b>1400-2200</b>
<b>September 23</b>	<b>1400-1630, (hallway at 16600), 1630-2200, Mobile Unit</b>
<b>September 29</b>	<b>1400-2200</b>

Any volunteer under the age of 18 will need to be accompanied by a parent or guardian.

All personnel are encouraged to take advantage of this free service. If not for your own well being, that of your family and fellow co-workers. For a minimal fee, family members, to include children, can also receive shots.

Note: This shot will only address the regular, seasonal flu strain. The Loudoun County Health Department has advised that they will be administering the H1N1 (Swine Flu) series of two shots when they receive the vaccine in October and/or November. The Safety Office will advise when it becomes available.